



# Things to do this Christmas

Your guide to activities, clubs and events  
in the borough

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Waltham Forest

# Waltham Forest NEWS

Your Council keeping residents informed

[www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)

@wfcouncil

Issue 195

18 December 2017

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# Doing our bit to help local business this Christmas

- Take a #Selfiewithyoursale before Christmas Eve to win prizes
- Walthamstow Market open on a Monday for one time only

If you're out picking up last minute Christmas gifts in the borough, you could win a prize by taking a selfie with your salesperson.

A 'Selfie with your Sale' competition is running in Waltham Forest as part of the Council's campaign to encourage residents to shop locally, in the borough's small businesses. Take a photo of your purchase, or the shop assistant who helped you with it, and post it on Social Media by Christmas Eve using #selfiewithyoursale to stand a chance of winning.

You could get your hands on one of six luxury bath gift sets donated by the Mall or a £25 voucher from Speedstitch.

There's only one condition – the purchase has to be from a local independent business.

That's not the only way the Council is promoting local business this festive season.

December started with Small

Business Saturday where markets and pop ups were held around the borough. Zero-emissions courier ZED also offered free deliveries.

For one time only Walthamstow High Street Market will be operating on a Monday. If you head out shopping for last minute presents on the 18 December you'll be able to choose from all of the traders on the longest street market in Europe.

After requests from local businesses, the Council has launched a Business Growth and Investment e-newsletter to send round information, advice and event invitations to local businesses.

This all forms part of the Shop Local campaign, the Council's drive to encourage local people to spend their money in small, local businesses.

## More info

Post your photo on Facebook or Twitter using #SelfieWithYourSale, tagging the Council @WFcouncil

## Older residents enjoy a festive feast

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THIS CHRISTMAS WAH17 IS BEING TRANSFORMED INTO A GIANT SNOWGLOBE FOR A VERY SPECIAL SCREENING OF...



WITH A PRE-FILM MUSICAL PERFORMANCE FROM MEMBERS OF THE

**Forest Philharmonic**

THURSDAY 21ST DECEMBER  
10AM & 2PM | ADULTS £6 CHILDREN £5

<https://frozenwah17.eventbrite.co.uk> | #WAH17 [www.forestvenues.london](http://www.forestvenues.london)



# We're walking in a Wetlands Wonderland this Christmas



Children can meet Santa at the Walthamstow Wetlands this festive season

Santa Claus himself is in residence at the Walthamstow Wetlands this Christmas.

Families who visit the site over the festive season can enjoy 'Storytelling with Santa Claus' sessions. Santa will

read children a wintry tale all about woodland animals, snow and Santa himself.

Attendees can also have the opportunity to pose for a photo with Santa. Following the storytelling, parents and children can pick up an activity sheet from the front desk and explore Walthamstow Wetlands at their own pace. The activity sheets are a fun way of exploring nature, discovering minibeasts, birdwatching and tracking mammals both large and small.

Sessions will take place for one hour on the 22, 23 and 24 December. They cost £10 per child and the price includes a gift from Santa.

Tickets can be purchased online or on site at the Engine House.

Storytelling with Santa is just one of the festive events held at the Walthamstow Wetlands this Christmas.

Last week a carol concert was held in the Engine House. Violin and

cello duo String and Tonic performed live, and guests enjoyed mince pies and mulled wine while singing both traditional carols and family favourite Christmas songs.

A wreath-making workshop with renowned local florist Blomst also took place on site.

Located minutes from Blackhorse Road tube station, Walthamstow Wetlands has now been redeveloped into Europe's largest urban wetland nature reserve and opened to the wider public for the first time in 150 years.

## More info

For more information about any of the festive events, visit: [www.walthamstowwetlands.com/festive-season](http://www.walthamstowwetlands.com/festive-season) or email [info@walthamstowwetlands.com](mailto:info@walthamstowwetlands.com)

## From the Leader



**When I started as Leader in May this year, I identified three key priorities for the council. First, to keep Waltham Forest clean and safe, second, to improve residents' life chances**

**and third, to work to ensure all residents have a safe roof over their head. These are priorities that we have consulted members of the public on and I am pleased to say that they overwhelmingly agree with them.**

These priorities will help us to continue to deliver for our residents, and work to provide the services that they need. How we finance the vital work we do is a question in need of a long-term answer, and despite the pressures we have

## Cllr Clare Coghill

Council Leader talks about the 2018 budget

experienced over the last few years, Waltham Forest Council has strived to improve the way we work for the community so that everyone can enjoy a healthy, happy and safe life in our borough.

I am determined that we must do all we can to ensure that young people growing here can stay in the borough. Now is not the time to be timid. We need innovative solutions that are pro-development and pro-growth. The priority should be social housing, but we need to

be realistic when considering all options and remember that we are the leading borough for affordable housing, producing an average of 47% affordable homes over the last three years – 21% higher than the London average.

We also continue to invest heavily in our parks and open spaces. Half a million pounds were made available through our 'Making Places' initiative with which we have modernised playgrounds and leisure facilities and installed CCTV and safe

haven points to tackle anti-social behaviour and fly-tipping.

This borough is bursting with potential. We have fantastic residents, an ambitious and forward-thinking council and limitless opportunities open to us. Whilst I in no way underestimate the scale of the task ahead of us, I know that we can achieve my vision for Waltham Forest and create the futures that our residents deserve.

## Contact Waltham Forest Council



[www.walthamforest.gov.uk](http://www.walthamforest.gov.uk)

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ONLINE | More services  
available online.



## Waltham Forest News

**Edited by:** Corporate Communications Team

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email [walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk).

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Approved by  
Plain English  
Campaign



# Consent granted for exciting redevelopment of The Mall



Planning permission has been granted to Capital & Regional to redevelop the Mall

The planning committee at Waltham Forest Council has granted Capital & Regional planning permission for their application to expand the Mall in Walthamstow.

Plans to redevelop the shopping centre submitted by Capital & Regional, which had been recommended for approval by officers, were given the go-ahead by councillors at a planning meeting last week. The project will now be referred to the Greater London Authority (GLA) for final sign-off and completion of the development's Section 106 agreement before it can proceed further.

The planned regeneration of the Selborne Road site will see the construction of a new shopping area with new restaurants, bars and leisure facilities, and the creation of a new play area.

The development could create as many as 502 new homes, with 20 per cent affordable. The homes will be inside four towers that range from 12 to 29 storeys above Walthamstow Central

station, an approach in line with GLA guidance. As part of this work the station itself will undergo a substantial upgrade, partly funded by Capital & Regional.

Cllr Jenny Gray, Chair of Waltham Forest Planning Committee, said: "This planning application has attracted a great deal of interest and raised understandable concerns, but everyone can be assured our committee examined the proposals in great detail to ensure we reached the right decision."

"While we concluded the scheme's many public benefits significantly outweigh any local impacts, our approval of the plans depends on Capital & Regional meeting clear and cast-iron conditions to ensure the new Mall is a success for everyone."

Council Leader Cllr Clare Coghill

said: "The Area Plan, agreed by the Council in 2015, recognised the need for improved shopping facilities in Walthamstow and these plans will deliver those and a lot more besides."

"The 'destination' shopping venue, restaurants, bars and leisure facilities will all attract visitors and further investment into the borough, boosting our local economy and ensuring the new Mall becomes the new, improved, heart of Walthamstow."

## More info

For more information about the plans, visit: [walthamforest-consult.limehouse.co.uk/portal/pa/171355themall](http://walthamforest-consult.limehouse.co.uk/portal/pa/171355themall)

# Fighting fire: sprinklers fitted at sixty-one Council housing blocks

**Sixty-one of the Council's housing blocks will have sprinklers fitted, starting with three sheltered accommodation buildings.**

Safety in all the Council's accommodation blocks is regularly reviewed to ensure they are fully safe and secure. None of Waltham Forest's blocks have any of the cladding involved in the Grenfell Tower fire but, in light of the tragedy, London's Fire Commissioner Dany Cotton recommended all high-rise blocks should have sprinklers fitted.

The Council's Cabinet agreed unanimously this work should begin immediately. It will be in addition to any safety improvements proposed following regular Fire Risk Assessments and other checks.

Cllr Khewyn Limbajee, Cabinet Member for Housing, said: "The safety of our residents is the Council's number one priority. We will work with the Fire Brigade to ensure installation work begins as

soon as possible, consulting with those affected to ensure everyone understands what is being done and why."

The work is already being scoped out at three sheltered accommodation blocks – Longfield House, Holland House and Turners Court. Developed with the London Fire Brigade, the proposals require close consultation with residents so everyone appreciates what is planned and why.

Fitting work is intended to take place in the New Year.

A grant from the London Fire Brigade is helping to fund the work; which is largely using Council Funds.

The 61 blocks are high priority, which means they are over six storeys, sheltered accommodation for vulnerable residents, hostels used as temporary accommodation or buildings considered vulnerable to fire.

The Brigade's Assistant

Commissioner for Fire Safety, Dan Daly, said:

"Sprinklers are the only system which detects a fire, suppresses a fire and raises the alarm. We believe they are a vitally important fire safety measure, particularly in buildings where there are vulnerable people such as care-homes and schools."

"We have long been campaigning about the benefits of sprinklers, which save lives and property and also improve firefighter safety."

"Waltham Forest proves that it's possible to fit sprinklers after blocks have already been built and more boroughs and housing owners should follow their lead to protect their most vulnerable residents, including those with mobility issues."



## More info

For more information about keeping safe from the risk of fire, visit: [www.london-fire.gov.uk/FireSafety.asp](http://www.london-fire.gov.uk/FireSafety.asp)

Cllr Khewyn Limbajee, Cabinet Member for Housing, is toured around Longfield House by Fire Brigade Borough Commander Jamie Jenkins



## Volunteers needed

Together we can help older people make the most of later life

It doesn't matter if you have never volunteered before or what skills you have, anyone can volunteer with us from Befriending, to form filling with our Information and Advice Service, accompanying an older person to a club or teaching computer skills. If you only have a couple of hours a week or many hours to spare, we would like to hear from you.



For more information call us on 020 8558 5512  
or email [info@ageukwalthamforest.org.uk](mailto:info@ageukwalthamforest.org.uk)

or visit our website <http://www.ageuk.org.uk/walthamforest/how-you-can-help/volunteering/>

## Keep Warm and Well in Waltham Forest

**An event for residents aged 60+**

**FREE**

**Free whilst stock lasts**  
Fleece Jackets, Hats,  
Scarfs, Gloves, Knitted  
Blankets, Ice Grippers,  
Winter Warmth  
Information Packs

Find out:

- About energy efficiency measures and advice from local charity HEET;
- About the different benefits available to older people
- Meet the local Safer Neighborhood Police Officers

Thursday  
11th January  
10am-12.30pm

Waltham Forest  
Resource  
Hub (North)\*  
58 Hall Lane  
Chingford  
E4 8EU

\*Formerly South Chingford Public Library



Warmth pack items donated from Volunteer Knitters and Age UK Waltham Forest

# Choose your next step



Courses for 16 – 30 year olds looking for work. Your next FREE course:



**YOUTH  
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**Course: Get into Digital Media**

**Free Taster Day: Wednesday 17th January 2018**

**Main Programme: Monday 22nd January – Friday 2nd February 2018**

**Location: Waltham Forest**

In partnership with:



To join the course or explore others:

Search 'Prince's Trust'. Text 'Call me' to 07983 385 418. Call for free on 0800 842 842

# Town Hall turned red to support your sexual health



Waltham Forest painted the Town Hall red to celebrate World AIDS Day

**Waltham Forest Town Hall was lit up in red to mark World AIDS Day at an event last week.**

World AIDS Day falls in HIV Testing Week, and more than 80 people who attended the Town Hall Christmas event were able to take rapid, self tests.

More than 750 young people and 150 professionals from schools, Council, the NHS and the voluntary sector also received training on HIV awareness.

The newly reformed East 17 showed their support for the campaign, alongside the Council

Leader Cllr Clare Coghill, Cabinet Member for Health and the Voluntary Sector Cllr Naheed Asghar and the Mayor Cllr Yemi Osho. Members of faith communities also got involved.

Waltham Forest Council worked with local partners from Barts Health, Positive East and the YMCA on the campaign.

The theme of this year's World AIDS Day was 'Let's end it', calling for all to pledge support and work together to end the growth of the HIV epidemic, end isolation, ignorance and the stigma associated with HIV.

Council Leader Cllr Clare Coghill said: "I am delighted to be pledging my support to end HIV. It is great to hear about recent research and strides made with HIV prevention in the UK."

"For the first time this year there has been a significant reduction in HIV diagnoses for gay men in

London and we can see that the life expectancy for those who get diagnosed and treated early is the same as the general population. However there is still more to be done."

World AIDS Day also saw the launch of the brand new Integrated Sexual Health service for North East London.

Current sexual health services at Whipps Cross Hospital will relocate to the Sir Ludwig Guttmann Centre in Stratford from March 2018. It will offer extended opening hours including evenings and Saturdays. In addition, there will be community clinics around Waltham Forest to access services closer to home.

## More info

For more information about sexual health services, clinic opening times and locations, visit: [bartshealth.nhs.uk/sexual-health](http://bartshealth.nhs.uk/sexual-health)

# Know your consumer rights this yuletide

**When you're out shopping for gifts this Christmas, remember that there is a lot of legislation in place in case something isn't quite right.**

In 2015 the Consumer Rights Act ruled that all goods have to be of satisfactory quality and do what they were intended to. If they don't, as long as you act quickly, you have the right to get your money back or have the item replaced or repaired.

The person who bought the goods usually has the consumer rights if they turn out to be faulty, although shops might sign these over to the person who received the present – so it is best to ask if you can have a gift receipt.

You have these rights whether you buy goods from a high street shop, a market trader, a street trader with a suitcase or a temporary bargain shop, online, via your television, in your home, in your workplace or from a mail order company. The chance you can return your goods

diminish if the traders are not around after Christmas.

Before you wrap your presents check to make sure they work properly and are undamaged. Hang onto the packaging and instructions until you know that everything is all right.

Hang on to your receipts, too. It makes it much easier to return faulty goods if you have proof of purchase, which shows when and where you bought them.

You have the same rights with goods bought in a sale as if they were priced normally, unless you know about the defects before you buy.

Buy the right size and colour – you have no legal rights if there's nothing wrong with the item and you just changed your mind. Some retailers allow these returns, but ask before you buy and make sure the returns policy is on the receipt.

Consider buying goods that cost over £100 with a credit card – you



Keep your consumer rights in mind when buying Christmas presents

may get extra protection from the card issuer.

Watch out for fake and unsafe

goods. Be suspicious of cheap discs and tapes or designer clothes and perfumes.

## In brief

### Help after Hurricane

Fundraising appeals have been launched to help rebuild schools in Waltham Forest's twin islands of Barbuda and Dominica. Both islands were devastated by hurricanes Irma and Maria in September. The chair of the twinning association Mervin Caesar-John said: "Schools in Dominica and Barbuda have had so much damage. Many Waltham Forest residents have family in the Caribbean and I know they will want to help." The High Commission, working with the Ascension Trust, has set up a Rebuild Barbuda Appeal Fund where donations can be sent. The Dominica High Commission is also encouraging donations:

- To donate to the Rebuild Barbuda Appeal fund, visit: [mydonate.bt.com/events/ascensiontrust/447776](http://mydonate.bt.com/events/ascensiontrust/447776)
- To donate to the Dominica appeal, visit: [www.dominicarelief.org/](http://www.dominicarelief.org/)

### Hollaback!

A 16-day campaign to end gendered violence is being supported by the Council. As part of the campaign Hollaback! will be screening photographs and stories of people who have experienced sexual harassment and violence visual arts messages in libraries and other public spaces in the borough. Molly Ackhurst from Hollaback! said: "By forcing art into public space we want to make people to take notice. We want to show perpetrators that they will not silence us." Hollaback aims to encourage Londoners send a message that sexual harassment will no longer be overlooked and tolerated.

- For more information, visit <https://ldn.hollaback.org/>

### Looking out for EU

Waltham Forest's Council Leader, Cllr Clare Coghill, has urged the Prime Minister to guarantee the rights of European citizens living in the UK. She joined forces with 20 other Labour borough leaders in signing a letter to Theresa May, demanding EU nationals living here are immediately guaranteed full rights to remain. Cllr Coghill said: "These people make a massive contribution to our economy and public services, not least our health service. We have a duty to make sure the Government does the right thing." EU workers represent 13 per cent of London's workforce and made a net contribution of £20bn to public finances between 2000 and 2011. They represent 10 per cent of doctors and 7 per cent of nurses in London's NHS.

## More info

For free, confidential and impartial advice on how to deal with a complaint or enquiry, contact Citizens Advice on: **03454 04 05 06**. To report unsafe and fake goods to Waltham Forest Trading Standards, contact: **02084 963 000** and [tradingstandards@walthamforest.gov.uk](mailto:tradingstandards@walthamforest.gov.uk). For the latest consumer protection information, visit: [www.walthamforest.gov.uk/content/whats-trending-trading-standards](http://www.walthamforest.gov.uk/content/whats-trending-trading-standards)

Are you looking for work or want to gain a qualification? We can help you.

# Enrolling now!

## **FREE courses for Jobseekers**

Help with up to 70% of course fees if you are receiving a means tested benefit.

## **Fantastic discount for early booking**

If you do not qualify for free or discounted courses we are offering a fantastic 10% discount offer on all bookings until Sunday 14 January 2018.

## **Hundreds of exciting daytime, evening and weekend courses to help you get a job and gain qualifications.**

### **Courses include:**

- Administration
- Arts and crafts
- Business and Finance
- Childcare

- Computers and ICT
- Customer service
- CV and interview skills
- English, maths and ESOL
- Hairdressing and beauty

- Health and Social Care
- Horticulture
- Teacher training
- Teaching assistants

### **Queens Road Learning Centre**

97 Queens Road, Walthamstow, E17 8QR

- 11 January 2018, 10am – 12noon
- 13 January 2018, 10am – 1pm

**Tel: 020 8496 2974**

### **Leyton Neighbourhood Learning Centre**

3 The Square, High Road Leyton E10 5NR

- 11 January 2018, 6pm – 8pm

**Tel: 020 8496 2974**

**Email: [adult.learning@walthamforest.gov.uk](mailto:adult.learning@walthamforest.gov.uk) or visit: [www.lbwfadultlearning.co.uk](http://www.lbwfadultlearning.co.uk)**



# If you go down to a Children's Centre today...



Children and Family Centres offer more services than you may expect

**Maria owes her life to the support she received from her local Children and Family Centre in Walthamstow. The mother of three, whose name has been changed for this article, was struggling to cope as her**

**marriage broke up and her son was diagnosed with a sensory disorder.**

She said: "People did not understand the way he sees the world and they were mistaking him for being rude and aggressive.

Our Early Help worker did really structured work with him. She recognised I was going through a breakdown. I would not be here if it was not for her."

She is one of many parents who access Waltham Forest Children and Family Centres for advice and support on issues ranging from help with baby, children and teenager's health to parenting support.

Another parent, Anne (name changed), was helped by her Children and Family Centre after her teenage daughter took an overdose. "Our family support worker was empathetic and compassionate and she got my daughter to think about her future and keep a diary to express her feelings. It was beneficial for me to be able to offload."

A third family wrote to the Council to thank them for the help they received from the HENRY (Health Exercise Nutrition for the Really Young) service after their baby was having problems breast feeding. Freddie Murray said: "We were struggling with feeding our

little baby after we got sent home from hospital. They sent a feeding counsellor round the next day and it just changed our lives."

Cllr Grace Williams, Cabinet Member for Children and Young

People's Services, said: "We aim to be no more than a 20 walk away from all our families with children from 0 to 19 who may need help and advice."

## Children and Family Centres offer:

- Learning activities for under-fives
- Citizen advice
- Adult Education
- Domestic violence support
- Work club
- Child Health clinics
- Parenting programmes
- English as a Second Language classes
- Speech and language support
- Breast feeding advice
- Oral health
- Baby massage
- Health visiting support
- Dads club
- Healthy eating workshops
- Low level post-natal support

## More info

Waltham Forest's Children and Family Centre hubs offer support for children aged 0–19 and families. They can be found in: Chingford at 5 Oaks Grove, E4 6EY; Walthamstow at 313 Billet Road, E17 5PX; Leyton at Queens Road Community Centre, 215 Queens Road, E17 8PJ; Leytonstone at Good Shepherd Building, 15 Davies Lane E11 3DR. Satellite centres also offer advice and access to services.

# Showing we care: giving awards to young people

## Foster carers and social workers nominated over 100 children and young people for Children in Care awards

**Danielle Morris was just four months old when she was taken into foster care. She spent her childhood living with several foster families in Waltham Forest as well as an aunt.**

Now aged 22, Danielle has received an award from Waltham Forest Council for getting a first class degree in business from Brunel University and securing a job with Barnet Virtual School, which ensures that education is put in place for their children in care.

Danielle was one of 11 young adults who grew up in care to receive awards at a ceremony held by Waltham Forest Council

celebrating their achievements.

Danielle said: "I want other young people in care to know anything is possible if you set your mind to it and if you set aside enough time for your goals. You will have to give up certain things and keep your focus. Just because society thinks children in care do not necessarily do well, does not mean that has to happen to you."

More than 100 other children and young people were nominated for awards by their foster carers and social workers for achievements including wonderful attitudes to learning, much improved behaviour and outstanding GCSE results.

Clr Grace Williams, Cabinet Member for Children and Young People said: "We are fully committed as a Council to ensuring children who grew up in care get all the support they need to ensure they have good life chances."

Clr Williams has asked all Waltham Forest councillors to pledge their support to children in care and care leavers. Council Leader Clare Coghill has already promised to "raise the profile of our children in care" while Cllr Richard Sweden has pledged to "talk to businesses about opportunities for care leavers".



22 year old care leaver Danielle Morris has received a first class degree

This Christmas WAH17 is being transformed into a **GIANT SNOWGLOBE** for a very special screening of...

**MAGICAL ACOUSTICS**

Walthamstow Assembly Hall is an arts, live music & recording venue in the heart of Walthamstow, with world renowned acoustics. Artists to record and perform at the hall include Julie Andrews!

#WAH17 [www.forestvenues.london](http://www.forestvenues.london)  
<https://frozenwah17.eventbrite.co.uk>

**FROZEN SING-ALONG**



**AN ENCHANTED PLACE**

**THURSDAY  
21ST DECEMBER  
10AM AND 2PM**

Adults £6 Child £5

**WALTHAMSTOW  
WAH17  
ASSEMBLY HALL**

**Waltham Forest**

**WALTHAM FOREST**  
**Get Together**

Nominations close on 8 January 2018 12 noon

**Love Your Borough Awards 2018**

**Who's your unsung hero or heroine?**

Waltham Forest Council is on the lookout for your community stars for the Love Your Borough Awards in March 2018.

These annual awards are for the people and organisations that help put the spirit back into their community and promote pride in the borough.

Tell us who you think is so inspiring that they deserve to be recognised with a Love Your Borough Award.

The award categories:

- Environmental Champion Award
- Best Community or Business Cycling Initiative
- Young Citizen of the Year Award

The closing date for all entries is 8 January 2018 12 noon.

To make a nomination or find out more visit [www.walthamforest.gov.uk/love-your-borough-awards-2018](http://www.walthamforest.gov.uk/love-your-borough-awards-2018)

 [facebook.com/walthamforestcouncil](https://facebook.com/walthamforestcouncil)

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**Waltham Forest**

## Know where to go for healthcare this Christmas



Nurses celebrate Christmas at Whipps Cross in the 1950s

**Make sure you know where to go if you are ill or injured over the festive period as this is one of the busiest times of the year for GPs and hospitals.**

For help treating coughs, colds

and other minor ailments, visit your local pharmacy. A pharmacist can advise how to look after yourself at home with over-the-counter treatments.

Three Waltham Forest

pharmacies will be open on Christmas Day. Leyton Orient Pharmacy (Matchroom Stadium, E10 5NF, 020 8539 2828) and Leyton Green Pharmacy (768 Lea Bridge Road E17 9DN, 020 8539 5984) will both be open 8am – 8pm and Blue Dew Pharmacy (90 Forest Road, E17 6JQ, 020 8539 2828) will be open 8am – 11pm.

If you are in need of urgent advice, call the free NHS 111 number. A trained advisor will offer advice over the phone, and direct you to the most appropriate service if you need to be seen. You can call this number 24 hours a day, seven days a week.

Make sure your medicine cabinet contains the basics to help you deal with any minor health issues at home.

If you do need to see your GP over the festive period, call them to

make an appointment. If they are closed call the NHS 111 number where an adviser will help you arrange a GP appointment.

Dr Anwar Khan, a local GP and chair of NHS Waltham Forest Clinical Commissioning Group, said: "Being well prepared is essential at this time of year.

"Choosing the right service ensures that you receive treatment you need in the right place at the right time – allowing our urgent care teams to focus on those who really need them."

### More info

For more advice to help you and your family stay well this winter, visit: [www.nhs.uk/staywell](http://www.nhs.uk/staywell) To find out more and support the campaign for a new Whipps Cross Hospital, visit: [bit.ly/SupportLoveWX](http://bit.ly/SupportLoveWX)



### In brief

#### Whipps 100th Christmas

Whipps Cross is enjoying its 100th Christmas as the hospital celebrates its centenary. The RT Hon Iain Duncan Smith MP and John Cryer MP officially opened the new ambulatory care unit, designed to help flow through the hospital. The Duchess of York heard patient Adam Marshall ring the bell to signify the end of his cancer treatment. The Duchess also had afternoon tea with long serving staff, volunteers and stakeholders to unveil a special centenary plaque. Cllr Coghill and Cllr Asghar unveiled the 'Love Whipps Cross' photo competition finalists and winners. Dame Elizabeth Anionwu also visited, offering staff a funny and moving insight into her career in nursing and her work to campaign for better sickle cell disease testing. Alan Gurney Executive Managing Director, Whipps Cross Hospital, said: "The centenary was a great opportunity to reflect on the past but also to look forward to the future with ambition and optimism, recognise our staff's achievements and thank them for their hard work."

## Get fit as Feel Good Festival returns

**Christmas may not be over and done with yet, but we're already thinking about January, when Waltham Forest's Feel Good Festival will be taking place.**

All around the borough events will be taking place to help residents get active, stay healthy and be happy.

If you set yourself a New Year's resolution to get a bit healthier than these free events are for you.

From spinning to swimming, dancing to diving, there's something on offer for everyone whether they are a complete beginner or a skilled sportsperson.

The grand opening of the Walthamstow Feel Good Centre took place during last year's Festival, and the leisure centre will play host to a number of this year's events.

On 6–7 January the centre will be holding an open weekend, where anyone can come and try a range of exercises including swimming, free use of the gym and soft play areas.

Waltham Forest parks will also be used for a variety of sessions, including boot camps, soccercise, skip fit and buggy exercise.



Jenny, left, was appointed as a Feel Good Champion one year ago

### More info

Keep an eye out for the next edition of Waltham Forest News where you can read the full details of the Feel Good Festival.

### One year as a Feel Good Champ

This time last year, two Feel Good Champions were appointed to inspire residents to join them on their journeys to become fitter, healthier and happier. One year on we caught up with 35 year old Higham Hill resident Jenny Newman (pictured left) to talk about her journey.

#### ■ How have you found the experience of being a Feel Good Champion?

This has been a brilliant opportunity, but also (personally) really difficult. I love chatting to people and comparing notes about what's challenging and sharing tips.

#### ■ What has been your biggest success this year?

Facing my fear of water – to go from being unable to even get in the pool to actively looking forward to splashing about is brilliant. I'd absolutely be happy to get into a pool with friends now, which twelve months ago I would never have imagined ever doing.

#### ■ What would you say to yourself a year ago, when you were just starting your term as a Feel Good Champion?

Nobody can make changes for you, so don't think too hard, just do something. And don't worry about doing everything – you don't have to become a professional. It's ok to not be very good at something, just keep practicing.

#### ■ What are your plans for the future? Are you going to keep the Feel Good going?

Absolutely! This year has ended up being such a journey, and it's still only just beginning.

I'm going to treat myself to some personal training sessions to make sure I'm doing what I need to at the gym to get stronger and fitter and am going to spend more time on the trampolines, because they are such a fun way to exercise!

# East 17 kick off festive season at Town Hall Christmas event

**An evening of music, food and fun at the Waltham Forest Town Hall Campus got the festive season underway on Friday 1 December.**

Over 2,000 people attended between 4 to 8pm to see special guests East 17 entertain the crowd with hits, including Christmas classic Stay Another Day and fan favourite It's Alright, before the Leader of Waltham Forest Council Clare Coghill switched on the borough's Christmas lights.

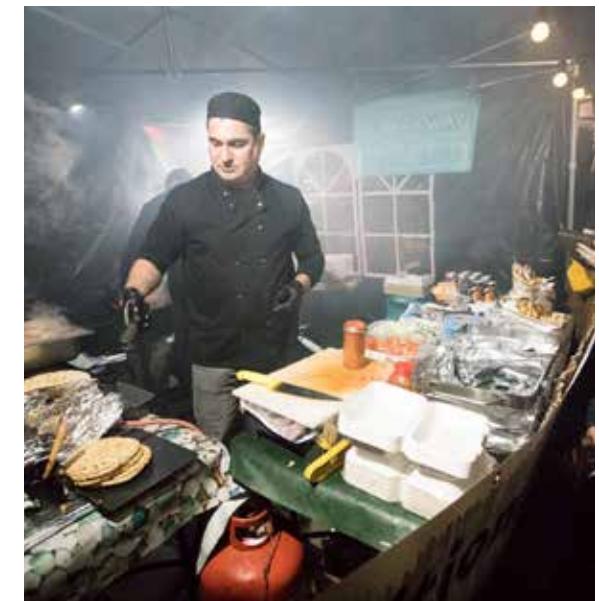
Local traders and businesses were on hand providing tasty treats and stocking fillers for attendees, and kids could enjoy activities and games while the adults supped mulled wine. There was even a chance for them to meet Santa

and his elves who bought extra seasonal cheer to the evening.

Cllr Clare Coghill, Leader of Waltham Forest Council, said: "This is the first year we've had a Christmas event like this here at the Waltham Forest Town Hall Campus – but I'm certain it will not be the last.

"It was a real pleasure seeing so many families out enjoying the event and each other's company. Bringing people together as a community is so important. Where others may seek to divide, we seek to unite."

The evening also marked World AIDS Day. The Town Hall was illuminated bright red to raise awareness of the issue



# Turkey, trimmings and tinsel for older residents at Christmas meals

**More than 1,000 elderly residents enjoyed free Christmas lunches, bingo, quizzes, crackers and carols at events across the borough last week.**

The annual events have been running since 2012 and are incredibly popular. This year lunches were held at Leyton Orient Football Club, Chingford Assembly Hall and Walthamstow Assembly Hall, which also held a dinner.

Cllr Angie Bean, Cabinet Member for Adult's Services, said: "These Christmas meals are a wonderful way to bring people together as a community. They are so popular with our elderly residents, especially those who might otherwise miss out on a big Christmas party."

There were good reviews all round from the older residents who came out to enjoy the meal and entertainment.

Originally from the Caribbean, former midwife Coreen France, enjoyed the quiz, which included questions about Christmas stamps,

with her friends.

She said: "I've been coming for four years and it is a great opportunity to socialise and the food is also really nice."

Norma Sutherland and her husband have both lived in Waltham Forest for 56 years. Norma said: "There is great company here and it is lovely listening to the children singing carols."

Francesco Cassettari moved to Waltham Forest from Italy in 1974. He said: "The atmosphere is really nice. It is very traditional and there is a real mix of all the cultures from the borough here. It gets you in the mood for Christmas!"

Rupert Singh is the former chairman of Waltham Forest Asian Seniors club. He said: "After many years of hard work for the community, I am really happy for the Council to offer something back. I love going to the Christmas meals each year."



# 12 What's On

## Sports and fitness



### Beginners/intermediate Pilates

Mondays 6.15pm

St Gabriel's Havant Road E17 3JF

Wednesdays & Thursdays 7.30pm

St Anne's Larkshall Road E4 6NP

These relaxed and positive classes are perfect for anyone who is new to Pilates or looking for a way to ease into exercise. Strengthen, stretch and relax in this positive environment and get your body working at its best. All abilities welcome. You can challenge yourself as much or as little as you like! [info@truebalance.co.uk](mailto:info@truebalance.co.uk)

### YOGI J-YOGA FOR YOU!

Mondays 7–8pm

St Michael's church Hall, Northcote Road, E17 6PQ

A friendly, local class, open to all. James is an experienced Yoga Alliance qualified local teacher who teaches with compassion and positivity, offering options for those new to yoga and more dynamic variations for those with a regular practice. Awareness is on breath, mind and body. **£9 drop in or block of 6 classes for £45. Bring a mat or buy one from me for £10.** Classes start again Monday 8 January 7pm.

### KAPAP Self Defence

Tuesday, 7–8pm

Leyton Sixth Form College, Community Sports Centre, Essex Road, E10 6EQ

KAPAP is a cutting edge self defence system. KAPAP gives you the opportunity to get fit, become stronger and confident, whilst learning a practical and effective self defence system. Come and try. Only £5 per class, concessions for students first lesson free. For more information, email [bruntonjl@yahoo.co.uk](mailto:bruntonjl@yahoo.co.uk) or phone Jason on 07905132595.

### Drop in Donation Yoga

Tuesday 10.30–12, Wednesdays 11–12.15, Fridays 7–8.15pm and Saturdays 10.30–11.45

United Reformed Church, 58 Orford Road E17 9QL

Yoga has so many benefits from releasing stress and tension in the body, building strength and stamina and learning how to relax and promote deeper sleep. Find a style to suit you at these friendly mixed levels class with an experienced teacher where you pay what you can afford. **For more information contact Sarah on 07815120792 or see [www.yoyoga.co.uk](http://www.yoyoga.co.uk)**

### Karate Classes

Mondays & Wednesdays, 7.30pm to 9pm

Walthamstow Academy, Billet Road, E17 5DP

A family-friendly karate club established in 2004, catering for all ages and abilities. Karate is a great activity for parents and children to enjoy. It builds strength, flexibility, fitness, confidence and discipline. Our style is traditional Shotokan Karate and we are

members of the prestigious Karate Union of Great Britain (KUGB). Adults £6 per class, juniors £5. For new beginners first lesson is FREE. Age 10+ recommended.

For more information visit our website at [www.chingfordtora.co.uk](http://www.chingfordtora.co.uk).

### Ummah Yoga – Women Only Class

Thursday 12.45–13.45

East of Eden Yoga & Pilates, Studio 1,

14 Hatherley Mews, E17 4QP

Ummah Yoga is a women only class, with Muslim women who might not want to exercise in a unisex class in mind. However the class is open to women of any or no faith. Expect a slow and steady Yin style yoga class where you'll spend longer in each pose thereby exercising patience and endurance with your bodies. Ummah is the Arabic word for community; bringing people together. It's a safe place, free of judgment and full of support and compassion to practice with your fellow sisters. £10, no need to pre-book. Visit [www.edeneast.co.uk](http://www.edeneast.co.uk), phone 02035837530 or email [info@edeneast.co.uk](mailto:info@edeneast.co.uk).

### General level Pilates

Thursdays 7–8pm

Leyton Parish Church Hall, Lindley Road E10 5PY

Drop-in Pilates classes for all: £10 (carnets available – buy 10 and get one class free), mats and small equipment provided. Pilates can improve your strength, flexibility, balance, co-ordination, bone density, reduce pain and encourage relaxation. Pilates Foundation member teacher with 17 years' experience of studio and mat work. Absolute beginners and newcomers contact me first please. [alison.bray@gmail.com](mailto:alison.bray@gmail.com); [www.abpilates.co.uk](http://www.abpilates.co.uk); Facebook: abpilateslondon

### Zumba with Zoe

Wednesdays 7.30pm

The Cornerstone Centre, 149 Canterbury Road, Leyton, E10 6EH

Established in 2010, come and join East London's most popular and friendly class! Classes are great fun, an excellent way to keep fit, lose weight and every class feels like a party. £5 per class. Contact details [info@zumbazoe.co.uk](mailto:info@zumbazoe.co.uk) or visit [www.zumbazoe.co.uk](http://www.zumbazoe.co.uk)

### Drum & Bass Workout

Monday 7.30pm

Paradox Centre, 3 Ching Way, Chingford E4 8YE

Looking for a workout that's different, come and join our new Drum and Bass Workout for your free class. The high energy healthy rave workout to Drum and Bass music. Classes are for all fitness levels. Contact details to find out more: Jam'up Fitness 07572441324, [www.fightklub.co.uk](http://www.fightklub.co.uk), [www.bookwhen.com/fkchingford](http://www.bookwhen.com/fkchingford)

### Lawn Bowls For Beginners

Monday 10am–12.30pm

Lloyd Park, E17

Walthamstow Borough Bowls Club welcomes new players to try the game of lawn bowls on Monday mornings. No experience necessary and your first session

is free. Experienced players also welcome. Contact Bob Belam on 07754 667 638 or [bob.belam@gmail.com](mailto:bob.belam@gmail.com)

### Wake up and Stretch

Sundays, 9.30am & 11am

Aveling Park Bowls Club, Lloyd Park, E17 5EH

Hatha yoga for all abilities. Wake up and stretch Hatha-style, with a morning yoga session to re-energise your body and mind ready for the week ahead. £9 pre-book (£10 drop in). Email [eliza@yogamehappy.co.uk](mailto:eliza@yogamehappy.co.uk) or visit [www.yogamehappy.co.uk](http://www.yogamehappy.co.uk)

### Walthamstow Wind Down

Thursdays, 7–8.15pm

Quaker Meeting House, 1a Jewel Road, E17 4QU

Hatha yoga for all abilities. This post-work wind down will stretch and tone the muscles, working through the joints, so you'll feel flexible and fantastic, before a deep relaxation to re-energise you for the weekend. £9 pre-book (£10 drop in). Email [eliza@yogamehappy.co.uk](mailto:eliza@yogamehappy.co.uk) or visit [www.yogamehappy.co.uk](http://www.yogamehappy.co.uk)

### 1950s Jive Classes and Social Dance

Every Tuesday, 7.45–10.30pm

The Plough and Harrow, 419 Leytonstone High Road, E11 4JU

Come and join us for beginners 1950s Jive classes. It's a fun way to exercise and enjoy yourself while gaining the confidence to get out and dance. Our classes are for beginners, so no dance background or experience is needed. The classes will run on a weekly basis so anyone can join at any time, no partner needed. Class 8pm–9pm. Social dance from 9pm (free). £5 per person. Phone 0208 493 0303 or email [tricia@the-chicken-shack.com](mailto:tricia@the-chicken-shack.com) for more details.

### Brand New Zumba®!

Saturdays, 9am

YMCA East London 642 Forest Road, E17 3EF

Due to popular demand we have opened an additional class! Wear low tread, supportive trainers and bring a bottle of water to enjoy this exhilarating dance fitness class in a low pressure atmosphere! £6 drop in – discounts for adv. payment. For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com)

### Box&Core

Monday's, 7pm

Tuesdays, 8:15pm

Walthamstow School for Girls, Church Hill, E17 9RZ

Brand new day & time! A total body workout that targets more than just your arms. Combining technique drills and core strengthening exercises, to appeal to both the novice looking for fun and a release of tension; as well as the amateur boxer wanting to improve their skills and stamina. Gloves provided but welcome to bring your own! £6 drop in – discounts for adv. payment. For more info, phone 07903 629 636, email [chloe@dancechloe.com](mailto:chloe@dancechloe.com) or visit [www.DanceChloe.com](http://www.DanceChloe.com)

### Chingford Shotokan Karate Classes

Wednesdays 5.00pm

St. Francis hall, Hawkswood Crescent, E4 7UH.

Our club is like a family we are very supportive and help everyone achieve beyond what they ever imagined. We focus highly on self defence and real life situations, as well as gaining new skills and levels within karate. £2 for beginners and £5 for our advanced students. For children aged 4+. For any info please contact Jacqueline on 07812562113. We look forward to seeing you!

## Clubs and community

### Affordable Psychotherapy in English & Spanish

Different dates and times available:

Mon–Fri 9am to 8pm

2 minutes from St James Street Station. Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. Contact Valeria Bonfiglio, 07912 887588, [info@valerianbonfiglio.co.uk](mailto:info@valerianbonfiglio.co.uk), [www.valerianbonfiglio.co.uk](http://www.valerianbonfiglio.co.uk)

### Waltham Forest Community Choir

Mondays: 7.30pm–9.30pm (during term time only)

St Mary's Church, Church End, Walthamstow E17 9RJ

We are a self funded group open to anyone living and working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire includes classical, traditional, folk and popular styles. Currently seeking to recruit Tenors and Basses. £50.00 per term. End of Term Break: 12 December 2017 – 7 January 2018. Visit [www.singwithus.net](http://www.singwithus.net); email [members@singwithus.net](mailto:members@singwithus.net); visit [www.facebook.com/walthamforestcommunitychoir](http://www.facebook.com/walthamforestcommunitychoir) or phone 07954 740 745.

### Mindfulness-Based Stress Reduction (MBSR) – 8 week course

Wednesdays 31 January – 21 March

7–9pm

Plus full day retreat – Saturday 10 March Wanstead Quaker Meeting House, Bush Road, E11 3AU. £180 (£9.00 per hour) £160 concs (£8 per hour).

MBSR is an evidence based and established mindfulness course. Scientifically proven to help people cope better with stress, depression, anxiety and chronic pain. Main aims of this course include learning to take care of yourself better, discover new ways to manage emotional, psychological and physical difficulties and manage interactions with others. Booking is essential: email Liz: [lizabethkeates111@gmail.com](mailto:lizabethkeates111@gmail.com)

### Walthamstow Wassail

Sunday 7 January, 1.30pm

Vestry House Museum, E17 9NH

Celebrate the New Year with the Walthamstow Wassail! Join Lazy Larence the flying horse for a family making and singing workshop, or adult part-singing workshop; parade along Orford Road singing traditional songs. Adults sing in local pubs in the evening. [walthamstowwassail@gmail.com](mailto:walthamstowwassail@gmail.com)

### Family Carol Service

Sunday 24 December, 4pm

Christ Church Leyton, 73 Francis Road, London, E10 6PL

Join for our all-age carol service, with traditional readings, favourite carols, mince pies, and a family friendly talk about the meaning of Christmas. Email [luke.forty@christchurchleyton.org.uk](mailto:luke.forty@christchurchleyton.org.uk) or visit [christchurchleyton.org.uk](http://christchurchleyton.org.uk)

### Christmas Day Service

Monday 25 December, 10.30am

Christ Church Leyton, 73 Francis Road, London, E10 6PL

Join us on Christmas Day to celebrate the birth of Jesus. A family friendly service full of traditional carols and a talk on why we celebrate Christmas. Email [luke.forty@christchurchleyton.org.uk](mailto:luke.forty@christchurchleyton.org.uk) or visit [christchurchleyton.org.uk](http://christchurchleyton.org.uk)

### E17 Swedish language course

Wednesdays 7pm and 8.10pm

Hornbeam Café, 458 Hoe Street, E17 9AH Learn Swedish in these beginners/ intermediate & conversation courses classes. Relaxed, fun & productive for adults. Pay £195 for a term of thirteen 90 minute lessons or £130 for thirteen 60 minute lessons in a small group (beginners). Individual lessons also available. For more info phone Christian Karlsson on 07958 471 083, email [chris@e17swedish.com](mailto:chris@e17swedish.com) or visit [www.e17swedish.com](http://www.e17swedish.com).

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Different dates and times available:

Mon–Fri 9am to 8pm

2 minutes from St James Street Station. Short and long term psychotherapy for individuals and couples. Sliding scale of fees.

fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. Contact Valeria Bonfiglio - 07912 887588, info@valeriabonfiglio.co.uk, www.valeriabonfiglio.co.uk

## Ministry of the Word Bible Studies

Wednesdays, 6.45pm–8pm

Harmony Hall, 10 Truro Road, Walthamstow, E17 7BY

Come and join our community group as we read and discuss the bible in a warm and friendly environment at the Harmony Hall in Walthamstow. Free entry with tea and coffee provided. For more info email mwbiblestudies@hotmail.com or follow us on Twitter: @mwbiblestudies.

## Waltham Forest Community Choir

Mondays: 7.30pm–9.30pm (during term time only)

St Mary's Church, Church End, Walthamstow E17 9RJ

We are a self funded group open to anyone living and working in the borough. Previous singing or musical experience is not required. We believe that singing should be accessible to anyone and we do not audition prospective members. Our musical repertoire includes classical, traditional, folk and popular styles. Currently seeking to recruit Tenors and Basses. £50.00 per term. Visit [www.singwithus.net](http://www.singwithus.net); email [members@singwithus.net](mailto:members@singwithus.net); visit [www.facebook.com/walthamforestcommunitychoir](http://www.facebook.com/walthamforestcommunitychoir) or phone 07954 740 745.

## Culture and crafts



### Christmas Concert

Thursday 21 December 7.30pm

St Mary's Church, Walthamstow E17 9JR

Carols for choir, orchestra and audience and including Rathbone's Christmas Truce' performed by London Forest Choir. Conductor Jonathan Rathbone with the Sylvan Ensemble and Mark Williams baritone. Tickets £14 and £12. Students and benefit recipients half price. Children £3/£2. Book online and reserve numbered seats at [www.londonforestchoir.org](http://www.londonforestchoir.org) or tel. 02082816090

### Classics for Pleasure with the London Gala Orchestra

Saturday January 13 7.30pm

St John's Church, Leytonstone Albinoni – Adagio, Torelli – Christmas Concerto, Bach – Air on the G String, Pachelbel – Canon in D, Manfredini – Christmas Concerto, Mozart – Eine kleine Nachtmusik, Mozart – Clarinet Concerto + more surprises!! Krzysztof Grzybowski – Clarinet, Stephen Dominic Ellery – Conductor. London Gala Orchestra. Tickets available from £10 online. [www.Stephenelleryconductor.co.uk](http://www.Stephenelleryconductor.co.uk)

### St Barnabas Sunday Concerts Presents: "Cabaret Sauvignon"

Sunday 28th January, 2018 4–5pm

St Barnabas Church, E17 8JZ

A fun-filled concert of operatic and cabaret comedy with music and laughs for all! Hilarious operatic parody with special guest soprano Caroline Kennedy and brilliant numbers from operetta by Strauss and Léhar. Cheers to Opera, Cabaret and more! Reception following. Admission FREE (Donations gratefully accepted: £5–£10 suggested). Find us on Facebook: St Barnabas Sunday Concerts

### Music lessons/ recording studio

Times vary

East London Mini Music Studio, near Queen's Road, E11 1BB Budget recording/practice/teaching space run by Sam Thomas – composer – recording artist – session player. Sam offers guitar and drum lessons for all ages as well as renting out his well-equipped garden studio for recording/production purposes. Lessons are £15 for half an hour (£25ph). Recording sessions are just £20ph. Sam can be as involved in the recording process as desired, anything from simply operating the equipment to full production. Search 'East London Mini Music Studio' on facebook for more info. Phone Sam on 07972543748 or email sam@samthomasmusic.com

### Harp Concert of music for Christmas

Tuesday 19 December 7.15pm for 7.30pm

St. Andrew's Church, Church Road, off

St. Andrew's Road E17 6AR

Come and have a break from the rush of Christmas and listen to some carols and other seasonal music for about an hour, followed by light refreshments. Tickets are £7 for adults and £3 for children, and can be booked with Loretta on 020 8531 3576. Also available from the Church office on Thursday mornings after 10am. Phone 020 8531 2120.

### East Side Jazz Club

Every Tuesday 8pm

Upstairs at Leytonstone & District ex-Servicemen's Club, 2 Harvey Road, E11 3DB Top class contemporary jazz. Tuesday 9th January – Steve Williamson, Tuesday 16th January – Jonathan Gee, Tuesday 23rd January – Steve Fishwick, Tuesday 30th January – Clark Tracey Quintet. Details <http://eastsidejazzclub.blogspot.co.uk>

### Chingford Life Drawing

Every Thursday, 7.30–9.30pm

Mornington Hall, The Green Walk, Chingford E4 7EN

We are a local life drawing group in Chingford. We meet up for untutored drawing with professional models from all backgrounds. Basic art materials will be provided free such as A2 newsprint papers, charcoal, pencils, rubbers and putty. Sketching papers will be available for purchase at small cost. You are always welcome to bring your art materials. Price: £8.50 drop-in. For more info visit [www.facebook.com/groups/chingford.drawing/](http://www.facebook.com/groups/chingford.drawing/)

### Gina Yashere & Gary Delaney

Thursday 21 December, Doors 8pm, show 8.30pm

Ye Olde Rose and Crown, 53 Hoe Street, Walthamstow  
Tickets £13.50 [www.redimpcomedy.com](http://www.redimpcomedy.com) and limited tickets at venue

## Children and young people

### Melody Movement – NEW TERM

Friday Mornings 10am

Shern Hall Methodist Church, Shernhall Street, Walthamstow, E17 9HX The only Melody Movement school in Waltham Forest, offering dance and movement from age 2. A small fun class taught by a qualified IDTA teacher. Involving dance, movement, dressing up and music. Collect sticker's to complete a work card, on completion of 12 lessons, a medal is received. £5.00 per week. Ring now to book as numbers are limited. Contact Nicola on 07814781642 or email [avoladance@hotmail.co.uk](mailto:avoladance@hotmail.co.uk). [www.avoladanceacademy.co.uk](http://www.avoladanceacademy.co.uk)

### NEW DANCE CLASSES FOR 4+

Shern Hall Methodist Church, Shernhall Street, Walthamstow, E17 9HX

Ballet, Tap and Freestyle Dance classes for all ages (various days and times depending on age). We are a small friendly school where all classes are taught by myself an IDTA qualified teacher in a fun atmosphere. Check out our website [www.avoladanceacademy.co.uk](http://www.avoladanceacademy.co.uk) for more information contact Nicola on 07814781642 or email [avoladance@hotmail.co.uk](mailto:avoladance@hotmail.co.uk)

### Charity Christmas Family Yoga Workshop

Sunday 3 December 3–4pm

East of Eden Yoga & Pilates, Studio 1, 14 Hatherley Mews, E17 4QP

FREE – All donations to raise money for the Grenfell Nursery Christmas Party. For kids age 4 and upwards and their parents Visit [www.edeneast.co.uk](http://www.edeneast.co.uk), phone 02035837530 or email [info@edeneast.co.uk](mailto:info@edeneast.co.uk)

### E17 Junior Guitar Club

Saturdays, different levels and times

Hornbeam Café, 458 Hoe Street, E17 9AH Guitar playing fun and performing for children of all abilities, age 8 and over. Pay £54 for a half term of six 30 minute lessons. Different levels and times. Also weekday 121 lessons after school near Wood Street. For more information phone Christian Karlsson on 07958 471 083 email [chris@e17guitar.com](mailto:chris@e17guitar.com) or visit [www.e17guitar.com](http://www.e17guitar.com)

### Free Children's Karate Lessons

Fridays 5pm

New Road Methodist Church, New Road, Chingford, E4 9EU

Your first lesson is free. Phone Robert on 07951 309914 or mail [robertfresco@talktalk.net](mailto:robertfresco@talktalk.net). [www.rodinkarateclub.co.uk](http://www.rodinkarateclub.co.uk)

### Free GCSE Science Lessons

Saturday 1pm–2pm

WFC Hub 18A, Orford Road, Walthamstow, E17 9LN

MY Tutors is a social organisation helping students in getting better grades in their exams. We are offering two month's free GCSE Science revision classes. These classes are ideal for Year 9, and GCSE Year 10, 11 students who want to revise Biology, Physics and Chemistry. Our tutors are one of the best with Enhanced DBS and provide individual attention for better understanding of the topics. For registration email [info@mytutors.org.uk](mailto:info@mytutors.org.uk) or call Yousaf 07888125534

### Kathak Kids – Leyton: Classical Indian Dance and Storytelling for Children

Saturdays, 10.45–11.30am

Kukoolala, 3 Marsh Lane, London E10 7BL A gorgeously creative, interactive and entertaining session with storytelling and basics of Kathak dance with children aged 4 to 9 years. Traditional ankle bells enhance rhythmic play and expressiveness. Our fantastic tutors are well trained and teach widely in London and internationally. Fee: complimentary first class £ 5.00 per class for advance booking £ more for drop in. To book visit: [www.khyalarts.org.uk](http://www.khyalarts.org.uk) or email: [info@khyalarts.org.uk](mailto:info@khyalarts.org.uk)

### Ladybird School of Gymnastics

Saturdays, 9.15am–1pm and Mondays, 4.30–7.15pm

YMCA, 642 Forest Road, E17 5EF Monday and Saturday classes Parent and Toddler session for children aged two to four Mon 4.30pm Sat 9.15am. School age four to eight at Mon 5.15pm Sat 10am, six plus Mon 5.15pm and Sat 11am and school age four and over Sat 12pm. Trial session £6.50 then £22 monthly payment plus

yearly membership £26. Places are limited, so please book in advance. For more information call 07506 797788 book <https://ladybirdgymnastics.class4kids.co.uk>

### Musical Miniatures

Fridays, 10.15 and 11.05

Leytonstone Methodist Church, 1 Lister Road, Leytonstone, E11 3DA

Music classes for 0–5 year olds run by Jenny Milway, a professionally trained musician and teacher. Jenny teaches a mixture of familiar and new songs, using a range of props including musical instruments, puppets, chiffon scarves and parachutes. Jenny also performs live to the children and adults on one of her speciality instruments and provides opportunities to dance and play along to more familiar classics. To book, Email [jenny@musicalminiatures.co.uk](mailto:jenny@musicalminiatures.co.uk), visit [www.musicalminiatures.co.uk](http://musicalminiatures.co.uk) or find us on Facebook.

## Community Ward Forums

### Chingford Green & Endlebury

Monday 8 January 2018

7.30pm–9.30pm

Chingford Assembly Hall, Station Road, Chingford, E4 7EN

### Hoe Street

Tuesday 9 January 2018

7–9pm

Executive Boardroom 3, Waltham Forest Town Hall, Forest Road, E17 4JF

## Council Meetings



**18 December, 7.30pm**

Budget and Performance Scrutiny Committee

## Tell us what's on

Email your event details to:

[walthamforestnews@walthamforest.gov.uk](mailto:walthamforestnews@walthamforest.gov.uk)

The deadline for 8 January 2018 edition is **Friday 29 December**

**Inclusion cannot be guaranteed, due to the high volume of requests received.**

**Please send your listing in the body of an email, formatted as shown on these pages. Events received in other formats will not be used.**

**Please keep to a maximum of 90 words and a maximum of two listings per person/group.**

## Notice

### Licensing Act 2003: Application for the Grant of a Premises Licence

Notice of application for the grant of a Premises Licence under section 17 of the Licensing Act 2003.

Notice is hereby given that **MR HASAN KEPEZ** has applied to the London Borough of Waltham Forest for the grant of a Premises Licence at **THE VILLAGE 1C HALL LANE CHINGFORD E4 8HH**

The nature of the application is as follows: To permit the sale of alcohol for consumption on and off the premises and provision of recorded music MONDAY TO SUNDAY 11:00 TO 21:30 HOURS FOR THE PREMISES.

The Licensing register listing full details of the application is kept by the Licensing Service, Sycamore House, Waltham Forest Town Hall, Forest Road, London E17 4SU. The application may be viewed Monday to Friday between the hours of 9am – 5pm (except Bank Holidays).

Any person wishing to make a representation in respect of the above activities may do so in writing to the Licensing Service, Sycamore House, Waltham Forest Town Hall, Forest Road, London E17 4SU or via email: **Licensing@walthamforest.gov.uk**.

Representations must be received no later than 01 JANUARY 2018.

It is an offence to knowingly or recklessly make a false statement in connection with this application. A person is liable to an unlimited fine on conviction should such a false statement be made.

### Initial Demolition Notice

#### Section 138A and Schedule 5A of the Housing Act 1985 as amended

This Notice is given by London Borough of Waltham Forest of Town Hall, Forest Road, Walthamstow, London, E17 4JF ("The Council").

It is the intention of the Council to demolish the dwellings and the buildings containing them ("the Relevant Properties"), set out below:

58 Hylands Road, Walthamstow, London E17 4AW

59 Hylands Road, Walthamstow, London E17 4AW

60 Hylands Road, Walthamstow, London E17 4AW

61 Hylands Road, Walthamstow, London E17 4AW

62 Hylands Road, Walthamstow, London E17 4AW

63 Hylands Road, Walthamstow, London E17 4AW

64 Hylands Road, Walthamstow, London E17 4AW

65 Hylands Road, Walthamstow, London E17 4AW

66 Hylands Road, Walthamstow, London E17 4AW

67 Hylands Road, Walthamstow, London E17 4AW

The demolition of the relevant properties is necessary for the regeneration of the Hylands Road estate and is integral to the scheme. The regeneration will involve the

delivery of a number of quality new build homes of mixed tenure, helping to achieve the aims, priorities and objectives set out in the Council's Core Strategy.

The Council intends to demolish the Relevant Properties before 31st December 2024.

This Notice will remain in force up to and including 31st December 2024 unless revoked or otherwise terminated under or by virtue of paragraph 3 of Schedule 5A of the Housing Act 1985.

Whilst this Notice is in force the Council will not be under an obligation to make such a grant as is mentioned in section 138(1) of the Housing Act 1985 in respect of any claim by a tenant to exercise the right to buy in respect of any of the Relevant Properties.

Where this Initial Demolition Notice has been served upon a secure tenant with an existing claim to exercise Right to Buy in respect of any of the Relevant Properties there may be a right to compensation under Section 138C of the Housing Act 1985 in respect of certain expenditure incurred in relation to that existing Right to Buy claim.

[The operative date of this notice is 18 December 2017 which is the date a copy of this notice was served on the tenants and occupiers of address: 58-67 Hylands Road, Walthamstow London E17 4AW

**Dated: 18 December 2017**

**Signed: James Briggs**

## Planning

### London Borough of Waltham Forest Planning (Listed Buildings and Conservation Areas) Act 1990 – Section 67

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 173821

**APPLICANT** Jacqueline Stluka

**ADDRESS** 13 East Avenue, Walthamstow, London, E17 9NG

**PROPOSAL** Construction of single storey rear extension with eaves height of 2.9m above ground and maximum height of 3.5m above ground, waterproofing of basement and replacement of windows on front and rear elevation.

Notice is Hereby Given that the following application affecting a building within a conservation area has been made to the Council.

**APPL. NO** 173784

**APPLICANT** Ms Miranda Campbell-Bowling

**ADDRESS** 25 Wingfield Road, Walthamstow, London, E17 9NN

**PROPOSAL** Variation of condition 2 of planning permission ref: 171481 dated 03/08/17 to allow for the re-positioning of the rear dormer.

These applications are available to view on the following website:  
<https://www.walthamforest.gov.uk/content/search-planning-applications>

Any views you would like to make for

the above proposal, must be submitted in writing to the Council within 21 days of the date of this letter. Due to the number of correspondence (letters, emails etc) received by the Council relating to planning applications, it will not be possible to acknowledge or respond to your correspondences should you submit any. However, all views/comments received are fully considered during the assessment of the planning application. Please note that the planning file, including correspondence received for the application, **are open** to the public.

**Dated this day 18 December 2017**

**Adrian Harding**

**Interim Head of Development Management and Building Control**

**London Borough of Waltham Forest**

## Highways

### LONDON BOROUGH OF WALTHAM FOREST

#### PROPOSED INTRODUCTION OF 20MPH ZONES – LEYTON & WALTHAMSTOW AREAS (E10, E17)

#### The Waltham Forest (20 mph Speed Limit) (No. \*) Traffic Order 2017

**(T63(17))**

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Order under section 84 of the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Order would be to introduce a maximum speed limit of 20mph in the streets specified in the Schedule to this Notice.

3. Copies of the proposed Order, the Council's Statement of Reasons for proposing to make the Order and plans showing the location and effect of the Order and proposed measures can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Order is made or the Council decides not to make the Order, at (a) **the Information Desk, Town Hall, Forest Road, Walthamstow, E17** The Reception Desk and (b) **the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS**.

4. Any person desiring to object to the Order, or proposed measures, or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS, quoting reference T63(17) 20 mph proposals (please quote specific site/road) by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000, quoting reference Traffic Orders **T63(17) 20mph proposals**.

**Dated 18th December 2017**

**Mr. K. Valavan, Director of Highways and Traffic Management, Low Hall, Argall Avenue, London, E10 7AS**

### SCHEDULE

#### Leyton Area E10

Colville Road, Cranbourne Road, Etchingham Road, Gordon Road, Langthorne Road (between Grove Green Road and Colville Road), Maud Road, Nutfield Road, Ruckholt Close, Trellawn Road, Westdown Road and York Road (between Alexandra Road and Maud Road)

#### Walthamstow Area E17

Arkley Crescent, Arkley Road, Bakers Avenue, Bristol Park Road, Brunner Road, Buxton Road, Carisbrooke Road, Canning Road, Cleveland Park Avenue, Cleveland Park Crescent, Courtenay Mews, Courtenay Place, Cranbrook Mews, Ickworth Park Road, Eldon Road, Erskine Road (between Sowers Road and High Street), Hervey Park Road, Melbourne Road, Melford Road, Osborne Grove, Osborne Mews, Palace Mews, Parkhurst Road, Side Road, Storey Road, Truro Road, Walpole Road, Wellington Road, Westbury Road (between Sowers Road and High Street) and Woodville Road

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – **T72(17) Reversal of one-way systems**

**Dated 18th December 2017**

**Mr. K. Valavan, Director of Highways and Traffic Management, Neighbourhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

### LONDON BOROUGH OF WALTHAM FOREST

#### CHANGES TO EXISTING PARKING PLACES IN CONTROLLED PARKING ZONES

#### The Waltham Forest (Charged-For Parking Places) (Amendment No. 87) Order 2017

#### The Waltham Forest (Free Parking Places, Loading Places and Waiting, Loading and Stopping Restrictions) (Amendment No. 118) Order 2017

**(T61a(17))**

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on **15th December 2017** made the above mentioned Traffic Orders under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984,

2. The general effect of the Orders will be to reduce by 3 metres the length of either permit or pay by phone parking space at the locations and CPZs mentioned below to allow for the provision of secure bicycle parking structures on the highway (as authorized under section 63 of the Road Traffic Regulation Act 1984 and exempted by the London Borough of Waltham Forest Waiting and Loading Consolidation Order 2016):

- i. Lancaster Road, E17 (BLN) – Outside No. 37
- ii. York Road, E17 (CML) – Outside No. 8/10
- iii. Clacton Road, E17 (SJP) – Outside No. 49
- iv. Clarendon Road, E17 (BA) – Outside No. 5
- v. Maynard Road, E17 (SB) – Outside No. 14
- vi. Chingford Road, E17 (LPN) – Outside No. 251
- vii. Diana Road, E17 (LPW) – Adjacent to No 483 forest Road
- viii. Chelmsford Road, E11 (LSW) – Outside Nos. 41
- ix. Ferndale Road, E11 (LSS) – Outside No. 52
- x. Stewart Rd, E15 (CF) – Outside No. 143
- xi. Colchester Road, E10 (AM) – Outside No. 119
- xii. Twickenham Road, E11 (GGE) – Outside Nos. 62/64 and Nos. 114/116
- xiii. Francis Road, E10 (GGE) – Outside No. 127
- xiv. Claude Road, E10 (GGE) – Outside No. 133
- xv. Morley Road, E10 (GGE) – Outside Nos. 12 and 76
- xvi. St Mary Road, E10 (GGN/GGW) – Outside No. 37
- xvii. Salisbury Road, E10 (GGW) – Outside No. 49
- xviii. Sedgwick Road, E10 (GGW) – Outside No. 70
- xix. Colville Road, E10 (LNN) – Outside No. 42

xx. Turner Road, E17 (WSN) – Outside Nos. 14 and overlapping the border of 53/55

*Note: The Orders are necessary to make space for the provision of secure bicycle parking structures for residents who do not have the space and/or ability to securely park bicycles in or within a reasonable distance from their home.*

\* The proposed parking spaces to be

*displaced will default to a single yellow line waiting restriction where the cycle hangar will be provided.*

*\*\* The proposed parking spaces to be displaced may be changed to any permit parking location within a 50-metre radius of the original proposal. The extents of any permit parking displacement in any section of the road mentioned above will still result in reduction of permit parking space of 3*

*metres.*

2. Copies of the Orders, which will come into operation on **25th December 2017** and all other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

3. Any person desiring to question the validity of any of the Orders or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Orders may, within six weeks of the making of the Orders, make

application for the purpose to the High Court.

**Dated 18th December 2017**

**Mr. K. Valavan**  
**Director of Highways and Traffic Management, Neighborhoods Directorate, Low Hall, Argall Avenue, London, E10 7AS**

# Waltham Forest News advertising

**Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective**

**For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) or email: advertisingwfn@walthamforest.gov.uk**

**Keep up to date with the latest news in Waltham Forest**

If you want to be kept informed of the latest council news, events, service changes and consultations, sign up to Waltham Forest Council e-news online at [www.walthamforest.gov.uk/enews](http://www.walthamforest.gov.uk/enews)



## 30 hours Free Childcare

for working families of three and four year olds

All three and four year old children can receive up to 15 hours free early education per week over 38 weeks of the year (570 hours per year). An additional 15 hours will be available for working families, where:

- both parents (or the sole parent in a lone parent family) are working;
- each parent has a weekly minimum income equivalent to 16 hours at national minimum wage or national living wage;
- each parent has an income less than £100,000 per year.



**Available from September 2017**

Check your eligibility before the start of term at [childcarechoices.gov.uk](http://childcarechoices.gov.uk)

Want to know more? Visit [www.walthamforest.gov.uk/30hours](http://www.walthamforest.gov.uk/30hours), email [childcare@walthamforest.gov.uk](mailto:childcare@walthamforest.gov.uk) or call 020 8496 3000



# Christmas Bin Collection Days

Over the two weeks of the festive period, there will be a change to bin collection days. Please see the changes below

Christmas Week		New Year Week	
Normal Collection Date	Christmas Collection Date	Normal Collection Date	Christmas Collection Date
Monday 25 December	<b>Wednesday 27 December</b>	Monday 1 January	<b>Tuesday 2 January</b>
Tuesday 26 December	<b>Thursday 28 December</b>	Tuesday 2 January	<b>Wednesday 3 January</b>
Wednesday 27 December	<b>Friday 29 December</b>	Wednesday 3 January	<b>Thursday 4 January</b>
Thursday 28 December	<b>Saturday 30 December</b>	Thursday 4 January	<b>Friday 5 January</b>
Friday 29 December	<b>Sunday 31 December</b>	Friday 5 January	<b>Saturday 6 January</b>

Dear Resident,

Wishing you a merry Christmas!  
Thank you for doing all you  
can to recycle.

Waltham Forest Council

## Green Recycling Bin

List of what can be recycled;

- \* Christmas cards
- \* Wrapping Paper
- \* Plastic bottle, tubs and trays
- \* Glass Bottles



'Tis the  
season to  
recycle even  
more!

## Food and Garden Waste Bin

List of what can be recycled

- \* Fruit and vegetable peelings
- \* Tea bags and coffee granules
- \* Meat and fish, bones included
- \* Bread and pasta



Please  
place your real  
Christmas Tree near  
your wheeled bins  
for your free  
collection.  
Please make sure  
it is visible.